LAST CALL

METRO PUTS TOUGH QUESTIONS TO THREE PARTY LEADERS {pages 3 & 4}

Full interviews: metronews.ca

WINNIPEG metro®

Monday, May 2, 2011
www.metronews.ca

News worth sharing.

BIN LADEN IS DEAD

President Obama confirms long-sought 9-11 mastermind killed during U.S.-led operation

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said last night.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

The development comes just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan and then Iraq.

THE ASSOCIATED PRESS

ABC NEWS/THE ASSOCIATED PRESS FILE

▶ In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.

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1 news

Victims of the American South's deadly twisters seek solace in Sunday service. Scan code for story.

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On the web at metronews.ca

Canada's federal party leaders make one last mad dash for votes before election day. Video at metronews.ca.

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Finish. Line

▶ A woman celebrates finishing the seventh annual Winnipeg Police Service Half Marathon yesterday.

JAMES TURNER/METRO

Runners bundle up for annual Police Service Half Marathon

More than 2,000 runners and volunteers braved Winnipeg's wintery blast yesterday to participate in the seventh annual Winnipeg Police Service Half Marathon. With temperatures that felt like -13 C with the wind and snow blowing hard enough to shut down highways all over southern Manitoba, runners simply bundled up and pressed on. All proceeds from the event go to the Canadian Cancer Society.

Osborne Village calls for more cops

Mayor, police chief asked to bolster police presence after 'difficult' summer ● Stats show slight spikes in home break-ins, vehicle thefts, sex assaults and holdups

JAMES TURNER
@METRONEWS.CA

A perceived deluge of dope dealers, displaced panhandlers, partiers and petty thugs has prompted a demand for more police patrols in the Osborne Village neighbourhood.

A 51-page petition signed by residents, business owners and a neighbourhood safety group will be presented at city hall tomorrow in the hope of seeing more police resources in the densely populated area.

The Osborne Village Community Safety Group cites a proliferation of drug dealers at various spots throughout the neighbourhood, along with a spike in downtown transients whose presence creates a sense of insecurity for shoppers and residents.

A local park and playground on River Avenue is frequented by drug and alcohol users and is a "serious safety concern" for children, the group says.

Coun. Jenny Gerbasi said the group is not criticizing police.

"There's been efforts made," she said. "Police have done the best they could with what they have."

Police warn public about missing Taser

Winnipeg police are warning the general public not to pick up a lost Taser cartridge. Police sent out a press release yesterday, saying an officer lost the cartridge sometime during a shift in North Winnipeg. Police said people should not pick it up and put it in their pocket as a buildup of static electricity could cause the cartridge to go off.

METRO

Man shot dead on Portage Ave.

Police are investigating the city's 10th homicide of 2011 after a 20-year-old man was gunned down in a parking lot on Friday.

METRO

Woman's scream scares off attacker

A 27-year-old woman was left with scrapes and bruises after a man sexually assaulted her Saturday, said Winnipeg police. The woman was walking down Jubilee Avenue's back lane when she heard a bicycle. Police said the woman was pushed to the ground, and a man tried to take off her jacket and grope her lower body. She screamed and the man fled on a bike.

METRO

Leaders' final pitches

Election 2011

The first question we asked each leader was for their 'elevator pitch' Why should Metro readers vote for your party today?

INTERVIEW QUESTIONS WERE ASKED BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA

ANDREW VAUGHAN/THE CANADIAN PRESS

Jack Layton

Jack Layton, NDP

"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth.

The divisive approach to politics that gets played out there and people want it fixed. They want the needs of their family at the forefront, issues like retirement security.

You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement and there's many people in the Ottawa-Gatineau regions who don't have access to a family doctor, this is a real crisis that needs to be addressed and there's still a lot of unemployment in the regions around Ottawa and a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job.

These practical ideas will help address the issues that people want to be addressed.

Our approach is so that we've got to bring change to Parliament Hill and we have the opportunity to do that on voting day."

Stephen Harper, Conservative party

"We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working.

We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on.

The alternative, at this point, has become an NDP government with a very different path which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and set Canadian families back.

So, we think the country is on the right track economically and needs to stay the course.

That's the biggest single argument we're making, and the other, of course, argument we're making along the way here is that we need a Conservative majority government and if you don't get a Conservative majority government you're not sure what you're going to be getting.

So, I don't think Metro readers should take the risk of an NDP government with an economic plan that is not thought out."

Michael Ignatieff, Liberal party

"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government, and do the one thing that we absolutely have to do, which is invest in the education of our young people from early learning and child care through the learning passport for people wanting to go to college and university.

That's the short version — basically a government that focuses on the priorities of the Canadian family ... I just think on Monday, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

Facing tough questions

Metro asked the leaders to discuss the things they've been reluctant to address in interviews and out on the trail

Jack Layton

Q: This past weekend, the Toronto Sun reported that in 1996 police found you in a known bawdy house but, because they had no evidence of an offence, laid no charges against you. Can you speak to the allegations and what impact this story will have on what had been shaping up as fantastic showing by your party?

A: "Well, I answered those questions in some detail yesterday, so I'm not going to go through it again. You'll find all of that available, you and your reporters. But this is a kind of smear politics that a lot Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics."

Stephen Harper

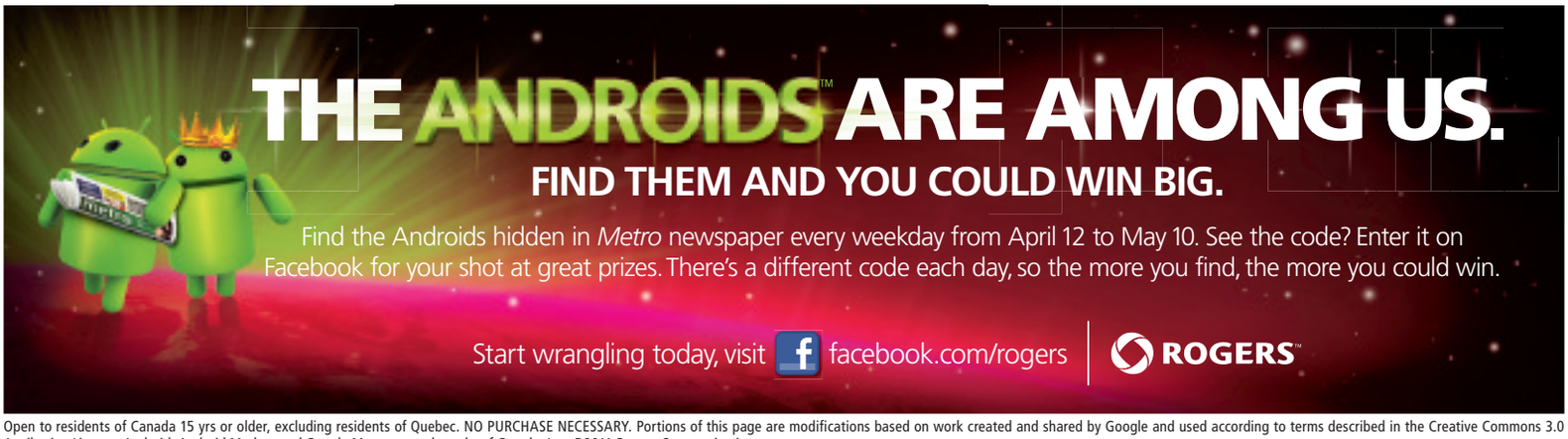
Q: You said all minority-government scenarios would lead to another election. If one of the other parties wins a minority, would you then work with other opposition parties to immediately defeat that government?

A: "Well, as you know, I'm in this election to win. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios. All of those other scenarios — (whereby) the NDP desire to form a minority coalition (and) get the backing of the Liberals and the Bloc Québécois — are unstable. That simply leads us to another election."

Michael Ignatieff

Q: You've said that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But your party has gone down in the polls. With the level you're at, how do you expect voters to continue see the Liberals, not the NDP, as the alternative?

A: "Well, I just think on Monday Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense — with a Liberal team that has experience — versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government." METRO OTTAWA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Responding to critics

Ignatieff, Layton and Harper answer questions of criticism each of them face from other parties

Election 2011

Michael Ignatieff:
How do you respond to criticism from the other parties that you have been outside of Canada for a number of years and shouldn't be trusted?
I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience. This is a Prime Minister who lost our seat on the Security Council of the United Nations. This is the Prime Minister who presided over the decline in our international prestige. And what is he saying here? The only good Canadian is the Canadian who's never left the country. That doesn't sound right to me. A Canadian is a Canadian. I'm proud of what I did overseas and I'm proud I've come back to serve.

Stephen Harper:
How do you respond to criticism from the other parties that you don't respect democracy?
Well, I think the people who are out office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a significant extent, because the other parties have simply refused to accept the democratic judgment of Canadians (and) are forcing election after election after election. And we've had four elections in seven years. If we do not have a Conservative majority government, whatever the other scenarios are, they all lead to a fifth election in the not very distant future. So, this is, I think, why Canada needs a stable, majority Conservative government. So we deal with the real issues, not those kinds of issues, which, all these parliamentary manoeuvres, which frankly, I think, turn the public off, and instead the parliament focuses on the economy and the real concerns of Canadians.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper musters a smile during a campaign speech at a rally in London, Ont., yesterday.

Jack Layton:
How do you respond to criticism from the other parties that you can't be trusted with Canada's economy.
First I think the old line parties have lost the trust of Canadians and they're asking themselves who can they trust to be on their sides to focus on the issues that concern our family and when it comes to offering good balanced budget, fiscal responsibility, the party that in power has shown itself to have the best record is the NDP. That was a study done by the finance department and there are the very good current examples of the NDP government in Manitoba with nine balanced budgets in a row and the recent budget just approved in the House of Assembly in Nova Scotia with the surplus, again, another NDP government. So we have a lot of experience in addressing these kinds of issues. In fact when you go to Saskatchewan,they'll tell you it's the Conservatives who leave the finances in a mess.

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NDP surge jolts traders

Coalition could make for volatile loonie, stock prices, analysts say

The prospect that the New Democratic Party might gain more seats in today's federal election could cause a flutter in the market as traders seek to buffer themselves from political uncertainty.

"This isn't something the market has been expecting," said John Kurgan, senior markets strategist at Lind-Waldock.

Prime Minister Stephen Harper has delivered a dire message about what might happen under the NDP led by Jack Layton, warning of higher spending, deficits, taxes, unemployment and other economic ills.

Markets appear to share at least some of his concerns, Kurgan said.

"The sudden surge by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," he said.

Poll figures on Friday suggested that the NDP and Liberals together could win enough seats to form a coalition government.

But Douglas Porter, deputy chief economist of the Bank of Montreal, believes a minority Conservative government is still the most likely scenario, an outcome that won't much matter to markets since Canadians have been dealing with minority governments for a decade.

Meanwhile, the latest figures on the health of Canada's job market are set to be released May 6.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
– 0.8 (13,893.6)	+ 0.50¢ (105.65¢ US)
Oil	**Natural gas**
+ $104 US ($113.90 US)	1,000 cu ft $4.612 US (+ 4.1¢ US)
	Gold contracts $1,560.50 US (+ $29.30 US)

GIRL GOSSIP GETS A TECH UPGRADE

URBAN COMPASS

LARA SCHROEDER
METRO WINNIPEG

Tech-y conversation flows more freely at women-dominated gatherings, Winnipeg's girl geeks agree.

It's not that tech men embody the stereotypes portrayed on the hit sitcom The Big Bang Theory, they hurry to point out — though those guys do exist — but no one assumes you know less because you're female, the conversation is less guarded and there's less competition for air time.

"I find that computer-science guys assume that I know less about computer science than them," said Lianne Lavoie, adding that she might simply be less outspoken than many men — though she doesn't seem shy to offer opinions at a recent Winnipeg Girl Geek Dinner (girlgeekwinnipeg.wordpress.com).

> **"I find that computer-science guys assume that I know less about computer science than them."**
> LIANNE LAVOIE

Girl Geek Dinners were started in London in 2005 by a woman who was tired of male-dominated tech gatherings.

The Winnipeg branch was started by application developer Trish Rempel in 2010.

Men aren't excluded from the monthly gatherings — they simply must be invited by a woman who is attending to preserve an equal or higher female-to-male ratio.

Rempel said it's still not unusual to have one woman for every 10 to 20 men at tech events. Workplaces can similarly be dominated by men, and sometimes it's just refreshing to gather in a situation where girl talk is natural and there's no need to guard against sending inappropriate signals to the opposite sex, she said.

"I didn't know any of these girls prior to this," Rempel said at the April gathering. "I just totally started it up on my own and I hoped people would come, and they did.

"It's a nice, comfortable environment just to hang out and chat."

The girl geeks discuss "a nice mixture of tech stuff and women's stuff and business stuff," Rempel said. Sometimes the dinners feature guest speakers; at the April event, attendees were invited to bring a project for show-and-tell.

Subjects of discussion range from Facebook security to job-seeking advice to information about new computer tools — to the Dyson Blade, that cool dryer that dries hands in seconds.

The women agree the tech gender imbalance is becoming less pronounced, but their gatherings aren't going to end any time soon — if only because these women are having so much fun.

"There's a lot of stuff you can't talk about around guys. Until you're around girls, you don't realize that," said Manon Monchamp.

Lara Schroeder is a Winnipeg writer.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes, the news is tough to take. But Canada is full of compassionate people, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study at the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos,

IAN WILSON/FLICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scandals and celebrity meltdowns, get a good-news fix. Who knows what you might be inspired to do?

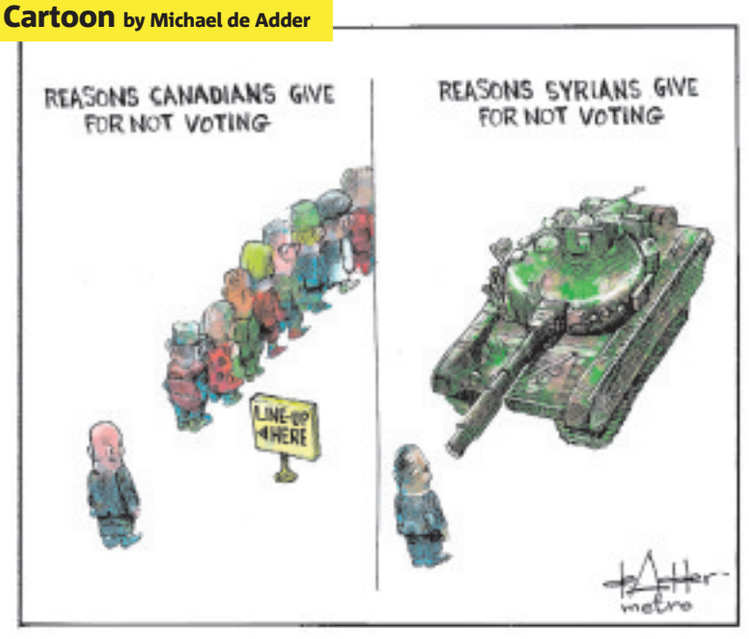
Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

CRAIG AND MARC KIELBURGER, CO-FOUNDERS OF ME TO WE

Tweets

- **@DevinJohnston:** May 1 and it's snowing in Winnipeg. The only thing coming down harder than the snow is popular support for the #LPC and the #CPC.
- **@BojanaD:** Soooo about to put away my bikinis & pull out the Canada Goose jacket.. Winnipeg, I hate you
- **@HarmonyHalfpint:** "You know you live in Winnipeg when there is snow on May the first." LOL. Preston makes my day.
- **@amacdonald:** hey @aircanada, there's a woman named Lisa in the Winnipeg Ticketing Center, that needs a bonus or something. AMAZING customer service.
- **@#Chantelle_Amy:** I just lol-d at the snow outside and carried on with my day. #Winnipeg #weather
- **@chrisreid1983:** Ah, May 1. The perfect time to go tobogganing, snowshoeing, and cross-country skiing in #Winnipeg. #FacePalm #Fail
- **@watercup:** There is no snow in Winnipeg. I repeat, no snow. It is just an elaborate illusion created by Gary Bettman. #gojetsgo

Cartoon by Michael de Adder



WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that buckled its floors and sagged its ceilings, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system, apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hangup and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

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2 scene

Scene in brief

Fast Five has left the competition in the dust with an US$83.6 million debut to grab the No. 1 spot at the weekend box office, according to studio estimates yesterday.

Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening. Its take was more than double the previous best of $39.2 million for Rio, the 20th Century Fox animated hit that slipped to No. 2 with $14.4 million.

Fast Five set a record for best April debut ever, speeding past the $71 million haul of its predecessor, Fast & Furious, two years ago.

THE ASSOCIATED PRESS

Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included

5 great car movies

With Fast Five burning rubber in theatres, let's look back at some great car movies of the past What's more important, a good road trip or a chase scene?

Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. (Warren Oates) who is named, aptly, G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.

American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.

Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently bad-ass.

As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger.

Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.

Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.

The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

THE ASSOCIATED PRESS

Watson denies that she was bullied

Emma Watson, the British actress who plays Hermione Granger in the Harry Potter series, on Friday denied reports that she was bullied out of Brown University — an assertion backed up by fellow students who said that, if anything, she was shielded from being singled out.

"The reason I took a semester off from Brown had nothing to do with bullying," Watson wrote on her website. "I have never been bullied in my life and certainly never at Brown."

Watson said she is not sure what her plans are for the fall semester, the beginning of her third year. Like many of her "fellow Brown students," she wrote, she is considering studying abroad.

Brown has not commented on media reports this month citing an anonymous Brown "insider" who claimed Watson was bullied out of school.

STEPHEN LOVEKIN/GETTY IMAGES

Emma Watson

A New York Daily News article posted online April 21 claimed that when Watson responded correctly to questions in class, her classmates would shout, "Three points for Gryffindor!" — a reference to the Harry Potter films, in which students' dormitory houses are awarded points for questions they answer correctly. Watson's character lives in Gryffindor.

"This '10 points to Gryffindor' incident never even happened," wrote Watson, who has denied that rumour before. "Accusing Brown students of something as serious as bullying and this causing me to leave seems beyond unfair."

THE ASSOCIATED PRESS

Tyson's tattoo giving film a bad hangover

Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2

ALL PHOTOS GETTY IMAGES

▶ Mike Tyson

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the move features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue. "This unauthorized exploitation of the original tattoo constitutes copyright infringement."

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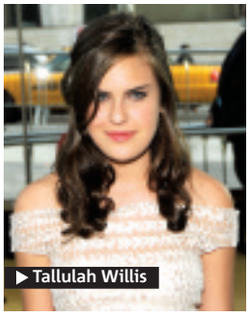

▶ Tallulah Willis

Willis' kid busted for booze

Tallulah Willis, the 17-year-old daughter of Bruce Willis and Demi Moore, was nabbed by police over the weekend for alcohol possession, according to TMZ.

Tallulah was among a group of three girls spotted by police exiting a car carrying bottles of booze, source say. The young women were cited at the scene for underage possession. METRO

Celebrity tweets

@RyanSeacrest

"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!?"

@NickyHilton

"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."

@KirstieAlley

"I would like to see an immediate media shift today from the glorious Royal wedding to the desparetly needed help right here at home.. PLEASE"

3 life

▶ Laura Miller

Stay fit, like mom

Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ◐ Who wouldn't want to look like her?

SAM D'AMATO
LIFE@METRONEWS.CA
METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time, cost and nutrition?
One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a lean meat ready to go, it saves time and makes preparing healthy meals easier.

What's your go-to snack?
Right now its Greek yogurt with fresh fruit like strawberries, peaches or pineapple. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre.

That's great but if there's leftover crackers from my kid, or she didn't finish her burger, I'll polish it off. Help?
It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place.

A new study came out, saying that parents exercise less than those without kids. Duh! I have no time for the gym. What do you suggest?
Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. The most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit woman. Do you have kids?
I have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example when it comes to diet and nutrition because children are sponges and soak up everything around them.

A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health.

METRO WORLD NEWS

Flea control for pets is easy with the right products; several new options on the market.

Satisfy the cookie monster in you

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth. The first one is for Almond Orange Cookies that combine fresh flavours into a tender package. Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

NEWS CANADA

▶ This recipe makes about three dozen cookies.

Preparation:

1 In food processor, grind almonds until very fine. Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.

330361

2 In bowl, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add almond and flour mixture and combine until dough forms.

3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap logs in parchment or waxed paper and freeze for at least 2 hours.

4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and place 1 inch (2.5 cm) apart baking sheets. Bake in a 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear golden.

5 Cool cookies for 1 to 2 minutes on baking sheet and transfer to cooling rack. Store in airtight container for up to 1 week. **NEWS CANADA**

Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all–purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated sugar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

NEWS CANADA

Oh My Goodness Cookies

This oatmeal cookie cuts the butter with nutritious avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

1 In bowl beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mix and combine well. Stir in pear and raisins.

2 Arrange racks in upper and lower thirds of oven. Drop heaping spoonfuls of dough parchment paper–lined baking sheets. Bake on 375°F (190°C) in batches, rotating pans once, for 20 minutes or until browned. Transfer to cooling rack. **NEWS CANADA**

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) all-purpose flour
- 2 tsp (10 mL) cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

Oscar the green grouch

Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date

HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

METRO WORLD NEWS

▶ The king of recycling.

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?
I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

What makes recycling fun?
Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin. And I sort through it. I roll in it. I toss it up and dance in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the booooody.

So what kinds of things to do you reuse?
I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get new food. Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?
Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful. They eat the roots of some of your vegetables.

How do you explain the importance of recycling?
It's good for kids to realize that they're all part of the community. The world is a great big community. I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

What's your least favorite non-recyclable product?
Batteries. They have to be disposed of very carefully.

Motivation through words and song

Cindy Ashton conquered cancer, sets out to motivate

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

She was born with severe health issues and was only given a 20 per cent chance of survival. A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift.

As Gandhi said, 'Be the change you want to see in the world.'"

Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

HANDOUT

▶ Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDERSTAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.

CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

Is it just **stress** or is it **something else**?

Working Through It™ can help.

It's one of the many resources, strategies, tools and ideas available at
workplacestrategiesformentalhealth.com/wti

Free of charge. To anyone. No strings attached.

From the Great-West Life Centre for Mental Health in the Workplace.

Great-West Life
Centre for Mental Health in the Workplace

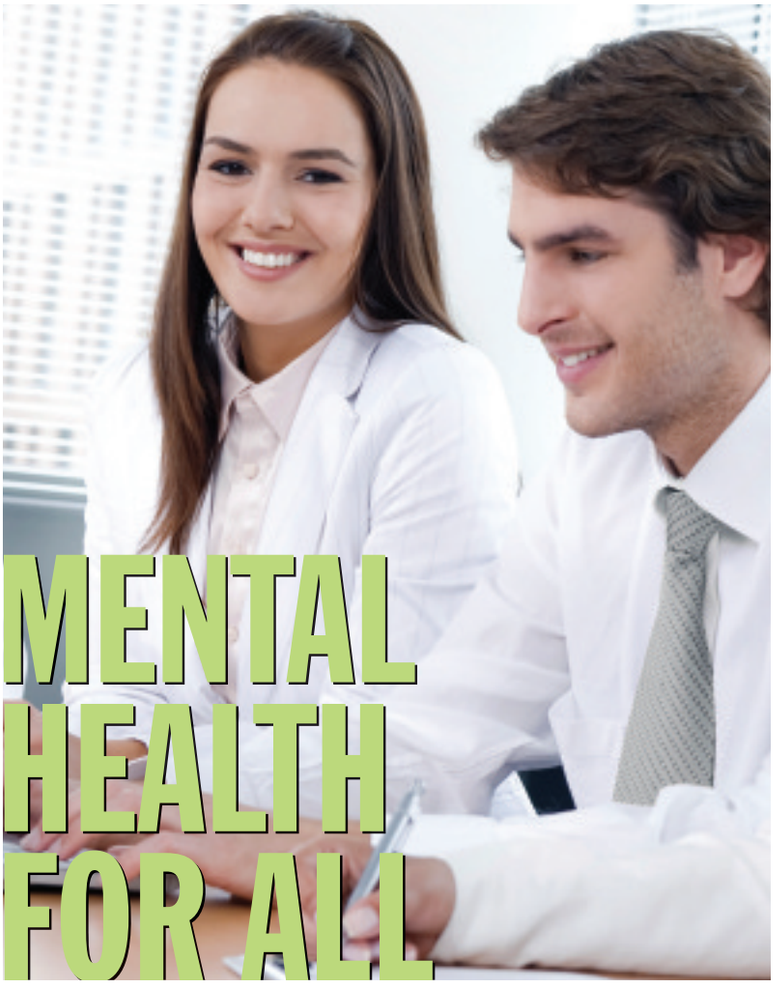
The Great-West Life Centre for Mental Health in the Workplace is funded by The Great-West Life Assurance Company.

Working Through It is a trademark of the Mood Disorders Association of Ontario and the Canadian Mental Health Association, Ontario, a joint venture, and is used with permission. The Great-West Life Centre for Mental Health in the Workplace and design is a registered trademark of The Great-West Life Assurance Company. Photo used for illustrative purposes only. Individuals depicted are models.

Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor or visit **DepressionHurts.ca**



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses $15 to $33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to $51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT

Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. "With patience and understanding, parents can usually help their kids overcome these and other common childhood fears," says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can't understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

"Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else," says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS Children need to know they're loved and that their parents will set definite limits on what they're allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it's unusual for healthy kids to die—and offer lots of hugs.

PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.

WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

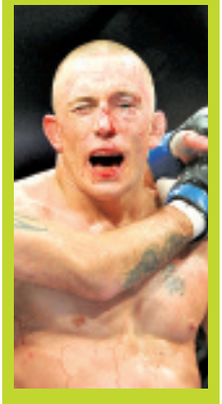
A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

I read.
Aster 39, Student
I hit the gym when I can.
John 58, Electrician
Chill with my friends.
Brian 23, Student
I like being creative, it's my drug.
Zile 63, Artist
My fiancé and I play instruments.
Michelle 29, Customer
I meditate.
Brata 69, Musician
Do things with my family and for my community.
Gregor 43, Executive Director
Hang out with my kids. They keep me balanced.
Jyoti 49, Teacher
What do you do for your mental health?
May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. Mental health for all. Find out more at www.MentalHealthWeek.ca
MENTAL HEALTH WEEK
60 YRS
IN PARTNERSHIP WITH
Desjardins Financial Security
CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

4 sports

Quoted



"Hey guys just want to say that I am OK. I'll need to see a doctor in the next days! Yesterday I was told it was not a retina problem."

WELTERWEIGHT CHAMPION GEORGES ST-PIERRE VIA TWITTER YESTERDAY. THE MONTREAL NATIVE'S LEFT EYE WAS INJURED EARLY IN HIS TITLE DEFENCE AGAINST JAKE SHIELDS AT UFC 129 IN TORONTO SATURDAY NIGHT. GSP PREVAILED DESPITE ONLY BEING ABLE TO SEE A "BLUR" THROUGH THE INJURED EYE.

Scan code for more sports

JEFF CHIU/THE ASSOCIATED PRESS

▶ Sharks centre Logan Couture watches as a shot by teammate Niclas Wallin goes into the net yesterday.

Sharks clip Wings again

San Jose takes 2-0 lead in series against Detroit ◐ Antti Niemi makes 33 saves for the win ◐ Ian White and Niclas Wallin score for Sharks

2	1
SHARKS	RED WINGS

The defencemen are scoring, the high-scoring forwards are working in the defensive zone, and Antti Niemi played the same way he did when he knocked San Jose out of the playoffs a year ago.

That all added up to another win for the Sharks and a 2-0 series lead against the Detroit Red Wings in the Western Conference semifinals.

Ian White and Niclas Wallin scored their first goals of the post-season, Niemi made 33 saves, and the Sharks put together a complete performance to beat the Red Wings 2-1 yesterday. Niemi helped kill off three penalties in the opening half of the first period and came up with countless big saves in the final two periods of perhaps his best playoff game since helping Chicago sweep San Jose in the conference finals a year ago.

"We like him on our side a lot better," forward Dany Heatley said. "He's a steady guy. He makes the saves he should make; he's in position. And he makes a lot of saves he shouldn't make. He changes games for us sometimes."

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the second straight year.

THE ASSOCIATED PRESS

Heat draw first blood against Celtics

99	90
HEAT	CELTICS

Dwyane Wade knew his regular-season numbers against Boston were lacking.

He also knew that wouldn't matter in the playoffs.

And Game 1 — which seemed more like Round 1 — of what's already an emotionally charged series went to Wade and the Miami Heat.

Wade scored 38 points on 14 of 21 shooting, James Jones set a Miami post-season record with 25 points off the bench, and the Heat beat the Celtics 99-90 yesterday to open their Eastern Conference semifinal series.

"It's a big game. It's Game 1, at home," Wade said. "You've got to take care of home court. These guys expect this from me. I wasn't giving it to them in the regular season versus them and I wanted to come out today and be a leader."

THE ASSOCIATED PRESS

JEFFREY M. BOAN/THE ASSOCIATED PRESS

▶ Dwyane Wade drives past Kevin Garnett.

ALEX BRANDON/THE ASSOCIATED PRESS

▶ Teddy Purcell, right, celebrates Martin St. Louis' third-period goal.

Lightning take 2-0 series lead

3	2
LIGHTNING	CAPITALS

Vincent Lecavalier scored his second goal of the game 6:19 into overtime last night as the Tampa Bay Lightning beat the top-seeded Washington Capitals 3-2 for a 2-0 lead in the Eastern Conference semifinals.

Fifth-seeded Tampa Bay appeared headed for a much simpler victory, leading 2-1 in the third period, but two-time NHL MVP Alex Ovechkin forced the extra period by scoring with 67 seconds left in regulation.

Dwayne Roloson made 35 saves as the Lightning won their fifth consecutive game — and their fifth in a row on the road.

The series now shifts to Tampa for Game 3 tomorrow.

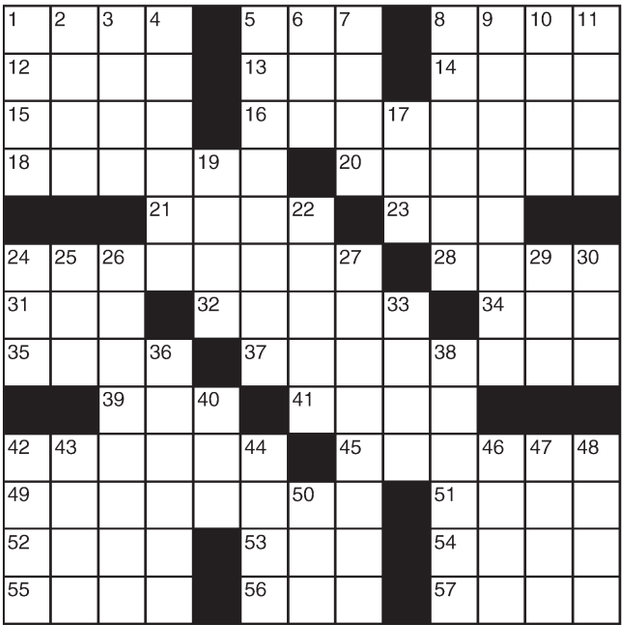
On the winning goal, the Lightning caught the Capitals in the middle of a line change. Tampa Bay defenceman Randy Jones — playing in his first game this post-season because of an injury to Pavel Kubina — sent a long pass off the boards to Teddy Purcell. He then passed it across the ice to Lecavalier, who flipped the puck over rookie goalie Michal Neuvirth to end the game.

Lecavalier jumped into the glass behind the net before being surrounded by teammates.

Martin St. Louis' goal put Tampa Bay ahead 2-1 about 7 ½ minutes into the third period, before Ovechkin recorded his first point of the series. Brooks Laich scored for Washington in the second.

THE ASSOCIATED PRESS

Crossword



Across

1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Comical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker
8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth
36 Ballroom dances
38 Hawaiian welcomes
40 "Golly!"
42 Praiseful verses
43 Somewhat, in music
44 Colourless
46 Yank
47 Division word
48 On
50 TV Tarzan portrayer

▶ Yesterday's answer

A	B	S		A	F	A	R		T	R	A	P		
I	R	A		T	U	N	A		E	A	C	H		
D	A	Y	D	R	E	A	M		S	H	E	D		
A	S	S	A	I	L		A	F	T					
			N	U	S		D	A	Y	S	P	A		
H	A	R	E	M		T	A	X		A	R	C		
I	R	E	S		T	E	N		B	R	I	M		
E	E	L		F	O	X		P	R	I	M	E		
D	A	Y	G	L	O		A	H	A					
			O	U	R		B	A	S	S	O	S		
V	E	T	O		D	A	Y	S	H	I	F	T		
A	G	E	S		E	N	S	E		A	M	O		
N	O	D	E		R	O	S	S		M	E	W		

Sudoku

				5		3	8	2
2	8		9	1			7	
						4		
			2					6
7	4		1		5		3	9
6					3			
		1						
	3			4	1		6	7
8	5	6		9				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favoritest year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Kno Were I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -5°	Min 3°	Min 6°
Max 10°	Max 16°	Max 15°

Jenna Khan, Weather Specialist

BT BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A creative project is now at a crossroads.

♉ Taurus April 21-May 21 Your workload will increase dramatically over the next few days.

♊ Gemini May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.

♋ Cancer June 22-July 22 If you force yourself to do something when your heart isn't in it it's unlikely you will make a very good job of it.

♌ Leo July 23-Aug.23 If you push yourself hard today chances are it will pay off in a big way..

♍ Virgo Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.

♎ Libra Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.

♏ Scorpio Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

♐ Sagittarius Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?

♑ Capricorn Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.

♒ Aquarius Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world

♓ Pisces Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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